



KENTUCKY NUTRITION EDUCATION PROGRAM

2021 ANNUAL REPORT: OWEN COUNTY

OUR FOCUS

The Kentucky Nutrition Education Program (KYNEP or NEP) encompasses two separate USDA programs: The Expanded Food and Nutrition Education Program (EFNEP), and the Supplemental Nutrition Assistance Program Education (SNAP-Ed). Both programs provide educational opportunities for limited-resource individuals and families to acquire knowledge, develop skills, and change behaviors for improved health and well-being.

OUR CHALLENGE

Poverty

According to U.S. Census estimates for 2020, the median household income in Kentucky is **\$52,256**, 20% lower than the U.S. median household income of **\$65,712**.¹ Kentucky also has higher percentages of overall and child poverty¹ and food insecurity² among its population compared to 2020 Census and Department of Agriculture estimates for the United States overall.

	Kentucky	U.S.
Total Poverty¹	16.0%	12.3%
Child Poverty¹	20.9%	16.8%
Food Insecurity²	13.8%	10.5%

In 2020, an estimated **19.1%** of Owen County residents overall lived in poverty, and an estimated **20** were residents under age 18.¹

Obesity and physical inactivity

Today, **60%** of all Americans live with at least one chronic disease. These include heart disease and stroke, cancer, and diabetes.³ These diseases are all associated with obesity and physical inactivity. In 2020, Kentucky ranked



in the top five states in the country for obesity with a rate of **36.6%** for adults.⁴ The percentage of physically inactive Kentuckians is **32%**, ranking it in the top seven most physically inactive states in the nation.⁵ A large amount of data show that healthy eating habits and regular physical activity can help people achieve and maintain good health and reduce the risk of chronic disease throughout life.³

The County Health Rankings and Roadmaps Kentucky report shows that **32%** of Owen County's adult population have obesity and **28%** were physically inactive.⁵

OUR SOLUTION

Provide hands-on nutrition education to limited-resource audiences, focusing on:

- Buying and preparing healthy foods
- Developing new meal planning and cooking skills
- Adopting new healthy lifestyle behaviors
- Managing SNAP resources

In 2021, 2,925 contacts were made with Owen County residents who participated in nutrition education programming.

OUR RESULTS

IN OWEN COUNTY

Lifestyle improvements

In 2021, **100%** of adult participants made a positive change in food group choices and **100%** showed improvement in one or more food safety practices. In addition, **100%** showed improvement in one or more food resource management practices and **84%** made changes to be more physically active.



OUR SUCCESS

Nutrition Education Program Empowers Children in Kentucky

The University of Kentucky Cooperative Extension Service and the Nutrition Education Program are recognized for the quality of the courses for youths and adults that are delivered throughout the state. These programs include basic food preparation, nutrition, knife handling, food safety, and life skills in general. Participants receive reinforcements such as a backpack with a recipe book, Chop-Chop magazines, recipe cards, and cooking utensils to make food preparation easier. In 2021, the online virtual program “Cooking around the World” was created for youth participants. Healthy recipes from other countries, their customs, traditions, and location on the map were introduced and discussed. These virtual lessons gave youths the opportunity to learn, cook, and eat together with their parents and siblings. Every year, new students as well

as former students participate. In 2021, two new youths who had not participated in past programs were having a hard time making their recipes at home. Two former participants volunteered to teach the new students the basics of cooking and guide them to make the recipes in their home since they had been in the program for more than three years. Their parents were also supervising them. The volunteers expressed that it was very gratifying teaching friends, and now they are thinking of becoming a teacher and a chef. Other participants commented that they love trying new recipes from other countries and sharing them with their families. The Nutrition Education Program will continue to be delivered virtually or in-person as needed. Parents and leaders alike understand the importance of having these programs that help prepare children for the present and future.



University of Kentucky Nutrition Education Program Family and Consumer Sciences Extension

SOURCES:

1. U.S. Census Bureau Small Area and Income Poverty Estimates 2020
2. United States Department of Agriculture Economic Research Service
3. CDC National Center for Chronic Disease Prevention and Health Promotion 2019
4. The State of Obesity Report 2020
5. CDC Behavioral Risk Factor Surveillance System

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